Cure of Diseases

بیماریوں کا علاج

قرآن و سنّت سے

the Quran and Sunnah

تالیف

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Cure for Diseases

From

the Quran and Sunnah

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيم
In the name of Allah, the Most Gracious, the Most Merciful.

Preface

إِنَّ الْحَمْدَ لِلَّهِ، نَحْمَدُهُ، وَنَسْتَعِينُهُ، وَنَسْتَغْفِرُهُ، وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا، وَمِنْ سَيِّئَاتِ أَعْمَالِنَا، مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ، وَمَنْ يُضْلِلْ فَلَا هَادِيَ لَهُ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.

Indeed, all praise is due to Allah. We praise Him, we seek His help, and we seek His forgiveness. We seek refuge in Allah from the evil of our own souls and from our wicked deeds. Whomever Allah guides, there is none to mislead him, and whomever He leaves to stray, there is none to guide him. I bear witness that there is no god but Allah, alone without partner, and I bear witness that Muhammad is His servant and His Messenger.

As for what follows:

Honorable readers! Peace be upon you, and the mercy of Allah and His blessings.

In the booklet under review, for the healing of various diseases, [there are] verses of the Noble Quran and [practices] of the Noble Prophet ﷺ prayers (duas) have been mentioned; this is consistent with the saying "small in stature, but great in value," because it is concise and beneficial. Read all these Quranic verses with the intention of attaining tranquility and healing, and also recite the specific prayers taught by the Noble Prophet ﷺ

for various ailments; there is goodness and blessing in every way.

May Allah Almighty bless this effort of the author (may Allah protect her) with acceptance and grant her husband, Mr. Engineer Mohammad Naseem (may Allah protect him), a best reward. Amen.

This booklet has been published before, and now we are [publishing] it through Maktaba Kitab-o-Sunnat and Umm-ul-Qura Publications Pakistan with some necessary corrections and additions and are publishing it on behalf of **Tauheed Publications India**.

وَبِيَدِ اللَّهِ التَّوْفِيقُ وَمِنْهُ الْقَبُولُ

"Wa bi-yadillāhit-tawfīqu wa minhu-l-qabūl."

(And success is in the hands of Allah, and from Him is acceptance.)

The composing of this book was done by our dear son, **Qamar (may Allah protect him)**.

تَقَبَّلَ اللَّهُ مِنَّا وَمِنْهُ صَالِحَ الْأَعْمَالِ وَوَفَّقَنَا وَإِيَّاهُ لِكُلِّ خَيْرٍ

"Taqabbalallāhu minnā wa minhu ṣāliḥal-a'māl, wa waffaqanā wa iyyāhu likulli khayr."

(May Allah accept righteous deeds from us and from him, and grant us and him success in every good thing.)

May Allah Almighty make this beneficial for all readers. Amen.

وَالسَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

"Wa ‘alaykumus-salāmu wa rahmatullāhi wa barakātuh."

(And peace be upon you, and the mercy of Allah and His blessings.)

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Date Wednesday, 18/6/1441 AH

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ.

Illness is a test for a believer:

All praise is for Allah, and peace and blessings be upon the Last of the Prophets ﷺ and upon his family and companions (Radi Allahu Anhum).

Misfortune and trials are from Allah, through which He tests His servants—such as illness, fear, hunger, thirst, and loss of wealth and life, etc. In such times, He has made patience and seeking comfort [in Him] obligatory, so that Allah may grant them a reward and recompense for it and may He forgive their evils and sins.

The Command of Allah Almighty:

﴿وَلَنَبْلُوَنَّكُمْ بِشَيْءٍ مِنَ الْخَوْفِ وَالْجُوعِ وَنَقْصٍ مِنَ الْأَمْوَالِ وَالْأَنْفُسِ وَالثَّمَرَاتِ وَبَشِّرِ الصَّابِرِينَ﴿١٥٥﴾﴾ [البقرة: 155]

Wa-lanabluwannakum bi-shay'im-minal-khawfi wal-jū'i wa-naqṣim-minal-amwāli wal-anfusi wath-thamarāt; wa-bashshiris-ṣābirīn.

"And We will surely test you with something of fear and hunger and a loss of wealth and lives and fruits, and give good tidings to the patient."

The Prophetic ﷺ Saying:

"Whoever practices patience, Allah Almighty grants him the wealth of patience..." "...bestows [it] upon him. No one has been given anything better than patience." **(Muttafaqun Alayhi - Sahih Bukhari & Muslim)**

The Prophetic ﷺ Guidance:

"Trials and calamities continue to befall a believing man and a believing woman regarding their life, wealth, and children until they meet Allah in such a state that there is not a single sin on their record of deeds." **(Sunan al-Tirmidhi)**

The Noble Prophet ﷺ said:

"The matter of a believer is amazing; every condition of theirs is beneficial for them. If they experience happiness, they give thanks to their Lord which is a source of goodness for them. And if they face a trial, they practice patience, which is [also] a source of goodness for them. And this is only for a believer, and for no one else." **(Sahih Muslim: 2999)**

The Prophetic ﷺ Command:

"Whenever a Muslim faces any physical pain or illness, or small or great grief, or suffering and hardship—even if it is just a thorn that pricks them—Allah Almighty, in exchange for it, forgives their sins."
(Sahih al-Bukhari: 5640, Sahih Muslim: 2572)

The Prophetic ﷺ Guidance:

"When Allah Almighty intends good for His servant, He gives him punishment quickly in this world. And when Allah Almighty intends hardship for a servant, He does not hold him accountable for his sins [in this world], until he receives the full punishment for his sins on the Day of Judgment." **(Sunan al-Tirmidhi: 2396, Sunan Ibn Majah: 4031, Sahih Ibn Hibban: 2411)**

The Prophetic ﷺ Saying:

"A great reward is only obtained through a great trial; and when Allah Almighty loves a people, He puts them through trials. Whoever remains pleased with that trial, attains Allah's pleasure, and whoever is displeased with that trial, has to face Allah's displeasure."**(Sunan al-Tirmidhi: 2396, Sunan Ibn Majah: 4031)**

The abundance or lack of worldly goods—wealth and resources, power, honor, and humiliation—is not a sign of Allah's love or displeasure. Rather, Allah Almighty does this only for a test, so that He may see who is expressing gratitude for His blessings and who is being patient during hardships.

The world is a place of action and also an examination hall; whoever understands its reality is the one who succeeds.

The Blessed Saying of the Noble Prophet ﷺ:

"In such a time (at death), a servant in whose heart these two things (fear and hope) are gathered, Allah Almighty grants them that which they hope for and grants them safety from that which they fear." **(Sunan al-Tirmidhi)**

Prayer (Salah) is the foundation and basis of all worship; it is the pillar of religion and a means of connection with Allah Almighty. Prayer is obligatory for every sane adult. In health or illness, during travel or at home, and in peace or fear—in every circumstance, it is mandatory [to perform it] according to one's capability, whether standing, sitting, or lying down. In any condition, as long as one's intellect is intact, this the prayer (Salah) will not be waived.

Allah Almighty says in Surah Al-Hijr:

﴿وَاعْبُدْ رَبَّكَ حَتَّى يَأْتِيَكَ الْيَقِينُ﴿٩٩﴾﴾ [الحجر: 99]

"Wa'bud Rabbaka hatta ya'tiyakal-yaqin"

"And worship your Lord until there comes to you the certainty (death)."

In the state of being ill, a Muslim servant should have a good expectation of Allah Almighty—that Allah Almighty will have mercy on them, will not punish them, will grant forgiveness, and will not hold them accountable. Because He is the Most Forgiving, the Most Merciful. His mercy encompasses everything.

In a Hadith Qudsi, the Prophet ﷺ said:

"Allah Almighty says: 'I am as My servant thinks of Me, and I will deal with him according to that expectation.'" **(Sahih al-Bukhari: 7405, Sahih Muslim: 7507)**

For every disease that Allah Almighty has sent down, He has also sent down its cure. Along with medical treatment, one should also seek spiritual treatment, because Allah has placed healing in the Quran as well.

The Command of Allah Almighty):

﴿وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا﴿٨٢﴾﴾ [الإسراء: 82]

"Wa nunazzilu minal-Qur'ani ma huwa shifa'un wa rahmatun lil-mu'minin; wa la yaziduz-zalimina illa khasara."

"...health and mercy for the Muslims, and it only increases the disbelievers in loss."

The importance of the Noble Quran is undoubtedly also known from this verse in which Allah Almighty says:

﴿لَوْ أَنْزَلْنَا هَذَا الْقُرْآنَ عَلَى جَبَلٍ لَرَأَيْتَهُ خَاشِعًا مُتَصَدِّعًا مِنْ خَشْيَةِ اللَّهِ وَتِلْكَ الْأَمْثَالُ نَضْرِبُهَا لِلنَّاسِ لَعَلَّهُمْ يَتَفَكَّرُونَ﴿٢١﴾﴾ [الحشر:

"Law anzalna hadhal-Qur'ana 'ala jabalin lara'aytahu [21 *khashi'an mutasaddi'an min khashyatillah; wa tilkal-amthalu nadribuha lin-nasi* ***la'allahum yatafakkarun."***

"(O Prophet!) If We had sent down this Quran upon a mountain (even though a mountain is very hard), you would have seen it humbled and coming apart from the fear of Allah. And these examples We present to the people narrate [these examples] so that they may think."

Method of Treatment:

Treatment of every disease is possible through Quranic verses, even cancer. Therefore, we are mentioning those Quranic verses here which Allah taught to His Prophets in the Quran, so that readers can benefit from them.

It is appropriate for the patient to keep themselves busy in the remembrance of Allah, avoid sins, and abundantly seek forgiveness (Istighfar) and remember Allah (Dhikr). They should pray for themselves, their family and children, and for all believing men and women, and Muslim men and women.

First of all, [recite] Surah Al-Fatiha three times, then [recite] Durood Sharif (Durood-e-Ibrahimi) at the beginning and the end. After that, recite the following verses one, two, or three times each:

1. اللّهُمّ صَلِّ عَلَى مُحَمّدٍ وَعَلَى آلِ مُحَمّدٍ كَمَا صَلّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنّكَ حَمِيدٌ مَجِيدٌ۞اللّهُمّ بَارِكْ عَلَى مُحَمّدٍ وَعَلَى آلِ مُحَمّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنّكَ حَمِيدٌ مَجِيدٌ ۞

Allahumma salli 'ala Muhammadin wa 'ala ali Muhammadin, kama sallayta 'ala Ibrahima wa 'ala ali Ibrahima, innaka Hamidum Majeed. Allahumma barik 'ala Muhammadin wa 'ala ali Muhammadin, kama barakta 'ala Ibrahima wa 'ala ali Ibrahima, innaka Hamidum Majeed.

2. أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.

﴿بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ﴿١﴾ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٢﴾ الرَّحْمَنِ الرَّحِيمِ ﴿٣﴾ مَالِكِ يَوْمِ الدِّينِ ﴿٤﴾ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ﴿٥﴾ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ ﴿٦﴾ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ ﴿٧﴾﴾ [الفاتحة: 1-7]

A'udhu billahi minash-shaitanir-rajim. Bismillahir-rahmanir-rahim.

Alhamdu lillahi rabbil-'alamin. Ar-rahmanir-rahim. Maliki yawmid-din. Iyyaka na'budu wa iyyaka nasta'in. Ihdinas-siratal-mustaqim. Siratal-ladhina an'amta 'alayhim ghairil-maghdubi 'alayhim walad-dallin.

3. بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ.

﴿الم ﴿١﴾ ذَلِكَ الْكِتَابُ لَا رَيْبَ فِيهِ هُدًى لِلْمُتَّقِينَ ﴿٢﴾ الَّذِينَ يُؤْمِنُونَ بِالْغَيْبِ وَيُقِيمُونَ الصَّلَاةَ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ ﴿٣﴾ وَالَّذِينَ يُؤْمِنُونَ بِمَا أُنْزِلَ إِلَيْكَ وَمَا أُنْزِلَ مِنْ قَبْلِكَ وَبِالْآخِرَةِ هُمْ يُوقِنُونَ ﴿٤﴾ أُولَٰئِكَ عَلَى هُدًى مِنْ رَبِّهِمْ وَأُولَٰئِكَ هُمُ الْمُفْلِحُونَ ﴿٥﴾﴾ [البقرة: 1-5]

Bismillahir-rahmanir-rahim. Alif-Lam-Mim. Dhalikal-kitabu la raiba fih, hudal-lil-muttaqin. Alladhina yu'minuna bil-ghaibi wa yuqimunas-salata wa mimma razaqnahum yunfiqun. Walladhina yu'minuna bima unzila ilaika wa ma unzila min qablika wa bil-akhirati hum yuqinun. Ula'ika 'ala hudam-mir-rabbihim wa ula'ika humul-muflihun.

4. ﴿اللَّهُ لَا إِلَٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾﴾ [البقرة: 255]

Allahu la ilaha illa huwal-hayyul-qayyum, la ta'khudhuhu sinatuw-wala nawm, lahu ma fis-samawati wa ma fil-ard, man dhal-ladhi yashfa'u 'indahu Illa bi-idhnih. Ya'lamu ma baina aidihim wa ma khalfahum, wa la yuhituna bi-shai'im-min 'ilmihi

illa bi-ma sha'. Wasi'a kursiyyuhus-samawati wal-ard, wa la ya'uduhu hifdhuhuma, wa huwal-'aliyyul-'adhim.

5. ﴿آمَنَ الرَّسُولُ بِمَا أُنْزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ آمَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ﴿٢٨٥﴾ لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاغْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ﴿٢٨٦﴾﴾ [البقرة: 285-286]

Amanar-rasulu bima unzila ilaihi mir-rabbihi wal-mu'minun. Kullun amana billahi wa mala'ikatihi wa kutubihi wa rusulih. La nufarriqu baina ahadim-mir-rusulih. Wa qalu sami'na wa ata'na, ghufranaka rabbana wa ilaikal-masir. La yukallifullahu nafsan illa wus'aha, laha ma kasabat wa 'alaiha maktasabat. Rabbana la tu'akhidhna in-nasina aw akhta'na. Rabbana wala tahmil 'alaina isran kama hamaltahu 'alal-ladhina min qablina. Rabbana wala tuhammilna ma la taqata lana bih. Wa'fu 'anna, waghfir lana, warhamna. Anta mawlana fansurna 'alal-qawmil-kafirin.

6. ﴿قُلِ اللَّهُمَّ مَالِكَ الْمُلْكِ تُؤْتِي الْمُلْكَ مَنْ تَشَاءُ وَتَنْزِعُ الْمُلْكَ مِمَّنْ تَشَاءُ وَتُعِزُّ مَنْ تَشَاءُ وَتُذِلُّ مَنْ تَشَاءُ بِيَدِكَ الْخَيْرُ إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ ﴿٢٦﴾ تُولِجُ اللَّيْلَ فِي النَّهَارِ وَتُولِجُ النَّهَارَ فِي اللَّيْلِ وَتُخْرِجُ الْحَيَّ مِنَ الْمَيِّتِ وَتُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ وَتَرْزُقُ مَنْ تَشَاءُ بِغَيْرِ حِسَابٍ ﴿٢٧﴾﴾ [آل عمران: 26-27]

Qulil-lahumma malikal-mulki tu'til-mulka man tasha'u wa tanzi'ul-mulka mimman tasha'u wa tu'izzu man tasha'u wa tudhillu man tasha'u, bi-yadikal-khair, innaka 'ala kulli shai'in qadir. Tulijul-laila fin-nahari wa tuliju an-nahara fil-lail, wa tukhrijul-hayya minal-mayyiti wa tukhrijul-mayyita minal-hayy, wa tarzuqu man tasha'u bi-ghairi hisab.

7. ﴿حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ ﴿١٧٣﴾﴾ [آل عمران: 173]

Hasbunallahu wa ni'mal-wakil

8. ﴿رَبَّنَا إِنَّنَا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا بِرَبِّكُمْ فَآمَنَّا رَبَّنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ ﴿١٩٣﴾ رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَى رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ ﴿١٩٤﴾﴾ [آل عمران: 193-194]

Rabbana innana sami'na munadiyay-yunadi lil-imani an aminu bi-rabbikum fa-amanna. Rabbana faghfir lana dhunubana wa kaffir 'anna sayyi'atina wa tawaffana ma'al-abrar. Rabbana wa atina ma wa'adtana 'ala rusulika wa la tukhzina yawmal-qiyamah. Innaka la tukhliful-mi'ad.

If a person begins the prayer (Dua) with " رَبَّنَا فَاغْفِرْ لَنَا

Rabbana faghfir lana..." there is no harm in that.

9. ﴿قَالَا رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ﴿٢٣﴾﴾ [الأعراف: 23]

Qala Rabbana dhalamna anfusana wa in lam taghfir lana wa tarhamna lanakunanna minal-khasirin.

10. ﴿ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ أَنْتَ وَلِيِّي فِي الدُّنْيَا وَالْآخِرَةِ تَوَفَّنِي مُسْلِمًا وَأَلْحِقْنِي بِالصَّالِحِينَ﴿١٠١﴾﴾ [يوسف: 101]

Fatiras-samawati wal-ardi anta waliyyi fid-dunya wal-akhirah. Tawaffani musliman wa al-hiqni bis-salihin.

If the one supplicating says it like this: "(رَبِّ فَاطِرَ السَّمَاوَاتِ وَالْأَرْضِ) (*Rabbi Fatiras-samawati wal-ard...*)", then it would be even better.

11. ﴿وَنُنَزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِلْمُؤْمِنِينَ ﴿٨٢﴾﴾ [الإسراء: 82]

Wa nunazzilu minal-qur'ani ma huwa shifa'un wa rahmatul-lil-mu'minin

12. ﴿قُلْنَا يَا نَارُ كُونِي بَرْدًا وَسَلَامًا عَلَى إِبْرَاهِيمَ﴿٦٩﴾﴾ [الأنبياء: 69]

Qulna ya naru kuni bardan wa salaman 'ala Ibrahim.

13. ﴿وَأَيُّوبَ إِذْ نَادَى رَبَّهُ أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ﴿٨٣﴾﴾ [الأنبياء: 83]

Wa ayyuba idh nada rabbahu anni massaniya-ddurru wa anta arhamur-rahimin.

"If a person starts with these words: رَبِّ أَنِّي مَسَّنِيَ, *(Rabbi anni massaniya...)* the duaa is still correct."

14. ﴿ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ ﴿٨٧﴾ فَاسْتَجَبْنَا لَهُ وَنَجَّيْنَاهُ مِنَ الْغَمِّ وَكَذَلِكَ نُنْجِي الْمُؤْمِنِينَ ﴿٨٨﴾ ﴾ [الأنبياء: 87-88]

La ilaha illa anta subhanaka inni kuntu minaz-zalimin. Fastajabna lahu wa najjaynahu minal-ghamm; wa kadhalika nunjil-mu'minin.

15. ﴿ هُوَ مَوْلَاكُمْ فَنِعْمَ الْمَوْلَى وَنِعْمَ النَّصِيرُ ﴿٧٨﴾ ﴾ [الحج: 78]

Huwa mawlakum fani'mal-mawla wa ni'man-nasir.

16. ﴿ فَتَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ ﴿١٤﴾ ﴾ [المؤمنون: 14]

Fa tabarak-Allahu ahsan-ul-khaliqin.

17. ﴿أَفَحَسِبْتُمْ أَنَّمَا خَلَقْنَاكُمْ عَبَثًا وَأَنَّكُمْ إِلَيْنَا لَا تُرْجَعُونَ ﴿١١٥﴾ فَتَعَالَى اللَّهُ الْمَلِكُ الْحَقُّ لَا إِلَهَ إِلَّا هُوَ رَبُّ الْعَرْشِ الْكَرِيمِ ﴿١١٦﴾ وَمَنْ يَدْعُ مَعَ اللَّهِ إِلَهًا آخَرَ لَا بُرْهَانَ لَهُ بِهِ فَإِنَّمَا حِسَابُهُ عِنْدَ رَبِّهِ إِنَّهُ

لَا يُفْلِحُ الْكَافِرُونَ﴿١١٧﴾ وَقُلْ رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ﴿١١٨﴾﴾ [المؤمنون: 115-118]

Afahasibtum annama khalaqnakum ‘abathan wa annakum ilayna la turja’un. Fa ta'alallahu al-maliku al-haqq; la ilaha illa huwa rabbu al-'arshi al-karim. Wa man yad’u ma’allahi ilahan akhara la burhana lahu bihi fa innama hisabuhu ‘inda rabbih; innahu la yuflihu al-kafirun. Wa qur-rabbi-ghfir war-ham wa anta khayru-rrahimin.

18. ﴿وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ﴿٨٠﴾﴾ [الشعراء: 80]

Wa iza maridtu fahuwa yashfin.

19. ﴿وَتَوَكَّلْ عَلَى اللَّهِ وَكَفَى بِاللَّهِ وَكِيلًا﴿٣﴾﴾ [الأحزاب: 3]

Wa tawakkal ‘ala-llahi wa kafa billahi wakila.

20. ﴿أَنِّي مَغْلُوبٌ فَانْتَصِرْ﴿١٠﴾﴾ [القمر: 10]

Anni maghlubun fantasir.

"If a person says the first word like this:(رَبِّ أَنِّي) (*Rabbi anni*...) then the duaa is also correct."

21. ﴿هُوَ اللَّهُ الَّذِى لَا إِلَهَ إِلَّا هُوَ عَالِمُ الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ﴿٢٢﴾ هُوَ اللَّهُ الَّذِى لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا يُشْرِكُونَ﴿٢٣﴾ هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِى السَّمَاوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ﴿٢٤﴾﴾ [الحشر: 22-24]

Huwallahulladhi la ilaha illa hu. 'Alimul-ghaybi wash-shahadati huwar-rahmanur-rahim. Huwallahulladhi la ilaha illa hu. Al-malikul-quddusus-salamul-mu'minul-muhaymin

Al-'azizul-jabbarul-mutakabbir. Subhan-allahi 'amma yushrikun. Huwallahul-khaliqul-bari-ul-musawwiru lahul-asma-ul-husna. Yusabbihu lahu ma fis-samawati wal-ard; wa huwal-'azizul-hakim.

22. ﴿قَاتِلُوهُمْ يُعَذِّبْهُمُ اللَّهُ بِأَيْدِيكُمْ وَيُخْزِهِمْ وَيَنْصُرْكُمْ عَلَيْهِمْ وَيَشْفِ صُدُورَ قَوْمٍ مُؤْمِنِينَ﴿١٤﴾﴾ [التوبة: 14]

Qatiluhum yu'adh-dhibhumullahu bi-aydikum wa yukhzihim wa yansurkum 'alayhim wa yashfi suduura qawmim-mu'minin.

23. ﴿يَا أَيُّهَا النَّاسُ قَدْ جَاءَتْكُمْ مَوْعِظَةٌ مِنْ رَبِّكُمْ وَشِفَاءٌ لِمَا فِي الصُّدُورِ وَهُدًى وَرَحْمَةٌ لِلْمُؤْمِنِينَ﴿٥٧﴾﴾ [يونس: 57]

Ya ayyuhan-nasu qad ja'atkum maw'izhatum mir-rabbikum wa shifa'ul lima fis-suduri wa hudaw-wa rahmatul lil-mu'minin.

24. ﴿ يَخْرُجُ مِنْ بُطُونِهَا شَرَابٌ مُخْتَلِفٌ أَلْوَانُهُ فِيهِ شِفَاءٌ لِلنَّاسِ إِنَّ فِي ذَلِكَ لَآيَةً لِقَوْمٍ يَتَفَكَّرُونَ﴿٦٩﴾﴾ [النحل: 69]

Yakhruju mim-butuniha sharabum-mukhtalifun alwanuhu fihi shifa'ul-linnas; inna fi dhalika la'ayatal-liqawmiy-yatafakkurun.

25. ﴿وَلَوْ جَعَلْنَاهُ قُرْآنًا أَعْجَمِيًّا لَقَالُوا لَوْلَا فُصِّلَتْ آيَاتُهُ أَأَعْجَمِيٌّ وَعَرَبِيٌّ قُلْ هُوَ لِلَّذِينَ آمَنُوا هُدًى وَشِفَاءٌ ﴿٤٤﴾﴾ [فصلت: 44]

Wa law ja'alnahu qur'anan a'jamiyyal-laqalu lawla fussilat ayatuh; a-a'jamiyyuw-wa 'arabiyy? Qul huwa lilladhina amanu hudaw-wa shifa'.

26. بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ﴿قُلْ هُوَ اللَّهُ أَحَدٌ﴿١﴾ اللَّهُ الصَّمَدُ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ﴿٤﴾﴾ [الإخلاص: 1-4]

Bismillahir-Rahmanir-Rahim. Qul huwallahu ahad. Allahus-samad. Lam yalid wa lam yulad. Wa lam yakul-lahu kufuwan ahad.

27. بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ ﴿قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝١ مِنْ شَرِّ مَا خَلَقَ ۝٢ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝٣ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝٤ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝٥﴾ [الفلق: 1-5]

Bismillahir-Rahmanir-Rahim. Qul a'udhu bi rabbil-falaq. Min sharri ma khalaq. Wa min sharri ghasiqin idha waqab. Wa min sharrin-naffathati fil-'uqad. Wa min sharri hasidin idha hasad.

28. بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ ﴿قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝١ مَلِكِ النَّاسِ ۝٢ إِلَٰهِ النَّاسِ ۝٣ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ۝٤ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝٥ مِنَ الْجِنَّةِ وَالنَّاسِ ۝٦﴾ [الناس: 1-6]

Bismillahir-Rahmanir-Rahim. Qul a'udhu bi rabbin-nas. Malikin-nas. Ilahin-nas. Min sharril-waswasil-khannas. Alladhi yuwaswisu fi sudurin-nas. Minal-jinnati wan-nas.

These verses and chapters of the Noble Quran are a source of healing. Indeed, the entire Noble Quran is healing. Besides the Quran, the Holy Prophet ﷺ has also taught many prayers in this

regard, the details of which can be found in large books. Here, we are including only a few of those prayers:

.29

((لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللهِ))

La hawla wa la quwwata illa billah.

Sahih Al Bukhari: 7484, Sahih Al Muslm: 2704

.30

((اللَّهُمَّ رَبَّ النَّاسِ۞ أَذْهِبِ الْبَأْسَ وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا))

Allahumma Rabban-nasi, adh-hibil-ba'sa wash-fi Antash-Shafi la shifa'a illa shifa'uka shifa'al-la yughadiru saqama.

Recite this prayer seven (7) times near a sick person, and Allah the Almighty will grant them healing from that illness:

31. ((أَسْأَلُ اللهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيَكَ))

As'alullahal-azima rabbal-arshil-azimi ay-yashfiyaka.

(Abu Dawood, Tirmidhi, Musnad Ahmad, Sahih Al-Jami: 5766)

This Duaa should also be recited near a sick person:

32. ((لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ))

La ba’sa tahurun in sha’ Allah.

(Sahih Al-Bukhari: 3616)

Recite this prayer three (3) times in the morning and evening, after the Fajr and Maghrib prayers, and it will provide protection from all diseases and harmful you) from poisonous insects and vermin.

33. بِسْمِ اللَّهِ الَّذِى لَا يَضُرُّ مَعَ اسْمِهِ شَىْءٌ فِى الْأَرْضِ وَلَا فِى السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahilladhi la yadurru ma’asmihi shay’un fil-ardi wa la fis-sama’i wa huwas-Sami’ul-’Alim.

(Sunan Abi Dawood: 5088, Sunan At-Tirmidhi: 3388)

34. يَا حَىُّ يَا قَيُّومُ بِرَحْمَتِكَ أَسْتَغِيثُ

Ya Hayyu Ya Qayyumu birahmatika astaghith.

(Sunan An-Nasa'i: 6/147, Mustadrak Al-Hakim: 1/730)

35. أُعِيذُكُمَا بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

U'idhukuma bikalimatil-lahit-tammati min kulli shaytanin wa hammatin wa min kulli 'aynin lammah.
(Sahih al-Bukhari: 3371)

For yourself, *A'uzu bikalimat..* (أَعُوذُ بِكَلِمَاتِ) and for others…For one person "*U'izuka bikalimat...* "أُعِيذُكَ بِكَلِمَاتِ"

.36

((اكْشِفِ الْبَأْسَ رَبَّ النَّاسِ إِلَهَ النَّاسِ)) (متفق عليه)

Ikshifil-ba'sa Rabban-nasi Ilahan-nas.

.37

بِسْمِ اللَّهِ أَرْقِيكَ۞ مِنْ كُلِّ شَىْءٍ يُؤْذِيكَ۞ مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنِ حَاسِدٍ۞ اللَّهُ يَشْفِيكَ۞ بِسْمِ اللَّهِ أَرْقِيكَ

Bismillahi arqika, min kulli shay'in yu'dhika, min sharri kulli nafsin aw 'ayni hasidin, Allahu yashfika, bismillahi arqika.
(Sahih Muslim: 1286)

.38

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

Allahumma la sahla illa ma ja'altahu sahla, wa anta taj'alul-hazna idha shi'ta sahla.
(Sahih Ibn Hibban: 2427)

The Messenger of Allah ﷺ said: 'When any of you gets up from his bed and then returns to it, he should dust it off three times with the edge of his garment, for he does not know what (snake, scorpion, etc.) might have come onto it in his absence. And when he lies down to sleep, he should say:

39. بِاسْمِكَ رَبِّي وَضَعْتُ جَنْبِي وَبِكَ أَرْفَعُهُ۞ فَإِنْ أَمْسَكْتَ نَفْسِي فَارْحَمْهَا۞ وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ

Bismika Rabbi wada'tu janbi wa bika arfa'uhu, fa'in amsakta nafsi farhamha, wa in arsaltaha fahfazha bima tahfazu bihi 'ibadakas-salihin.
(Sahih Al-Bukhari & Sahih Muslim)

40. The Holy Prophet ﷺ (said) to Hazrat Ali and to Hazrat Fatimah (may Allah be pleased with her): 'Shall I not tell you of something that is better for you than a servant? When you go to your bed, say ((سُبْحَانَ اللهِ)) *((SubhanAllah))* 33 times, ((اَلْحَمْدُ لِلّٰهِ)) *((Alhamdulillah))* 33 times, and ((اَللهُ اَكْبَرُ))*((Allahu Akbar))* 34 times.'" (Agreed upon)

41.

اللّٰهُمّ صَلِّ عَلَى مُحَمّدٍ وَعَلَى آلِ مُحَمّدٍ كَمَا صَلّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنّكَ حَمِيدٌ مَجِيدٌ۞اللّٰهُمّ بَارِكْ عَلَى مُحَمّدٍ وَعَلَى آلِ مُحَمّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنّكَ حَمِيدٌ مَجِيدٌ ۞

Allahumma salli 'ala Muhammadin wa 'ala ali Muhammadin, kama sallayta 'ala Ibrahima wa 'ala ali Ibrahima, innaka Hamidum Majeed. Allahumma barik 'ala Muhammadin wa 'ala

ali Muhammadin, kama barakta 'ala Ibrahima wa 'ala ali Ibrahima, innaka Hamidum Majeed.

أَللَّهُمَّ احْفَظْنَا مِنْ كُلِّ بَلَاءِ الدُّنْيَا وَ عَذَابِ الْآخِرَةِ . رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ . وَصَلَّى اللَّهُ عَلَى عَبْدِهِ وَرَسُوْلِهِ مُحَمَّدٍ وَآلِهِ وَصَحْبِهِ وَسَلَّمَ.

Allahumma-hfadhna min kulli bala'id-dunya wa 'adhab-il-akhirah. Rabbana taqabbal minna innaka antas-sami'ul-'alim. Wa sallallahu 'ala 'abdihi wa rasulihi Muhammadin wa alihi wa sahbihi wa sallam.

In the printing and publication of this book, our friend

Engineer Mohammad Naseem (may Allah protect him),
son of Late Mohammad Mursalin (may Allah have mercy on him)
(of Al-Khobar, Saudi Arabia - Bahrain, and Munshi Pura, Mau, India),
has contributed as a perpetual charity (**Sadaqah Jariyah**) for

his late parents غفر الله لنا ولهما Ghafar-Allāhu lanā wa-lahumā
(may Allah forgive us and them) and his late wife, Abida Naseem
(may Allah have mercy on her), daughter of late Dr. Abdul Majid Lari
(may Allah have mercy on him).

غَفَرَ اللَّهُ لَنَا وَلَه وَلِوَالِدَيْنَا وَلِوَالِدَيْهِ وَزَوْجَتِهِ۞ وَجَزَاهُ اللَّهُ خَيْرًا فِي الدُّنْيَا وَالآخِرَةِ

Ghafar-Allāhu lanā wa-lahu wa-li-wālidaynā wa-li-wālidayhi
wa-zawjatihi, wa-jazāhu-Allāhu khayran fi-dunyā wal-ākhirah.
May Allah forgive us, him, our parents, his parents, and his wife,
and may He reward him with goodness in this world and the Hereafter.

Abu Adnan Mohammed Munir Qamar Nawabuddin
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